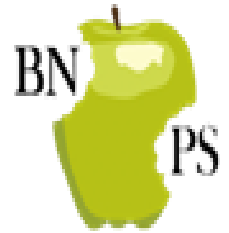


Wednesday's Wisdom

May 2015



Wellness & Learning
Conference
August 18 & 19, 2015
Registration attached.

You are invited to: *The Connection Between
Wellness and Learning Conference*

Conference Location:
Grappone Conference
Center, Concord, NH
Register Today!



On June 3, 2015, the Bureau is taking part in a Summer Food Service Program Kickoff Event at the Manchester Boys and Girls Club. Please help us spread the word about the SFSP! Copy the attached flyer and send home with students. Thank you!

Check out the below information regarding salt alternatives from Iowa!

Flavor Shakers

The following low-sodium herb/seasoning mixtures can be mixed together and offered to students in a shaker to season their food as desired. Chef DeeDee created the mixture combinations to appeal to students.

Great on Potatoes

2 tablespoons dill weed
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon paprika
1 tablespoon dried parsley
1 tablespoon dried sage

Great on Vegetables

2 tablespoons black pepper
1 tablespoon cayenne pepper
1 tablespoon paprika
1 tablespoon onion powder
1 tablespoon garlic powder

Great on Vegetables and French Fries

2 tablespoons chili powder
2 tablespoons cumin
1 tablespoon crushed red pepper
1 tablespoon onion powder
1 tablespoon granulated garlic

Great on Squash and Carrots

2 tablespoons cinnamon
1 tablespoon ground cloves
1 tablespoon ground ginger
1 tablespoon nutmeg

Additional Shaker Ideas

1. Low Sodium lemon pepper
2. Crushed red pepper flakes
3. Grated Parmesan cheese and dried parsley
4. Coarse ground black pepper and granulated garlic

*Tip: You can buy
shakers at discount
stores for a \$1.*

Thinking about a Breakfast Program for SY 15/16?

Do you already serve an a la carte breakfast program? Why not "bundle" the required components of a reimbursable breakfast together and offer a well-balanced nutritious start to the day to your student body? If you already have the staff and the student customers in place, it is simple to combine some foods to offer a reimbursable breakfast to benefit ALL students in your school.

If you'd like assistance in entering the USDA reimbursable school breakfast program please contact the Bureau of Nutrition Programs and Services and we can help! We can provide you with information regarding different aspects of the Breakfast Program in your school and put you into contact with our partners who can also provide assistance.

USDA Foods Recipes by Chef Deanna Olson

Iowa's Advisory Council developed and standardized ten new recipes for schools utilizing USDA Foods, as part of a Team Nutrition grant. The recipes can help schools offer tasty whole grain options, dark green and red/orange vegetables, and savory legumes that students will choose to eat. The recipes were tested and sampled by students at several Iowa schools. The recipes include:

- Rockin Caesar Salad • Savory Black Beans • Berry Cherry Power Bar • Strawberry Romaine Salad • Tangy Chicken Parmesan
- Perfect Pinto Beans • Honey Cinnamon Sweet Potatoes
- Zesty Tex Mex Pasta Salad • Crunchy Bonzo Beans • Italian Try-Me Beans.

The recipes can be found at www.educateiowa.gov, under "Team Nutrition."